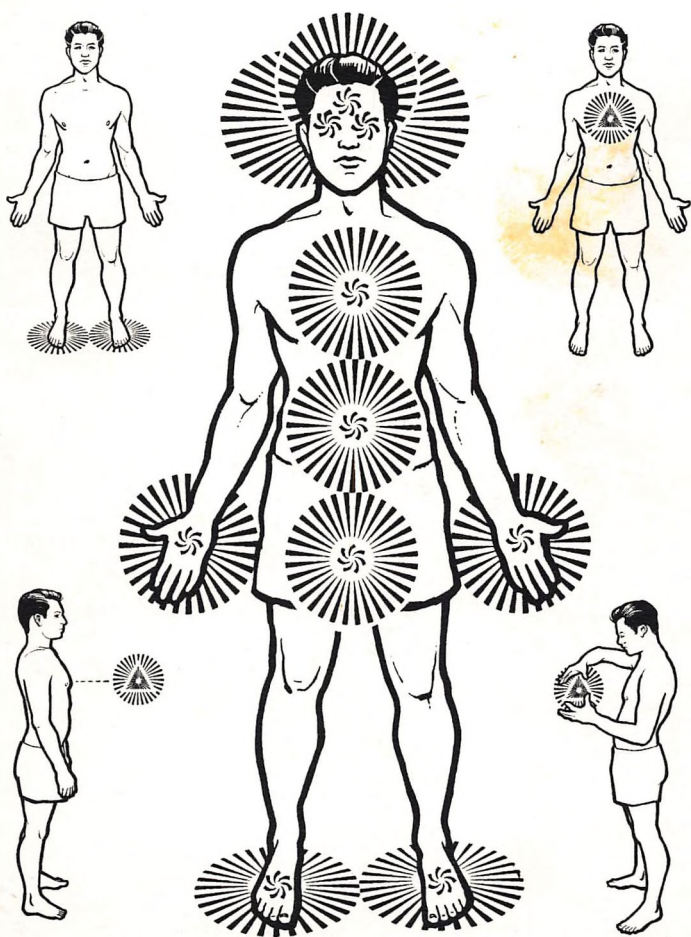


# AETHERIC EXERCISES



Pamphlet No. 3 of The Camelopard Series  
A Course of Study for Aspiring Mentalists

REMEMBER!  
ALL IS AETHER



MENTALISM =  
WILL OVER AETHER

# AETHERIC EXERCISES

Pamphlet No. 3 of The Camelopard Series  
A Course of Study for Aspiring Mentalists

## CONTENTS

ESSAY 1. Crossing Over / 7

ESSAY 2. The Body's Aetheric Links / 10

ESSAY 3. Daily Exercises for Mentalists / 14

ESSAY 4. Starter Psychisms / 20

ESSAY 5. Adjusting Your Daily Routine / 24

ESSAY 6. Healthy Mentalism / 25

LETTERS Letters to The Camelopard / 26

INSERT The Aetheric Dozen

Written by Clint Marsh, Illustrated by Jeff Hoke

“IN SILENTIO ET SPE”

*Special thanks go to Erica Treat and Thomas Carlson  
for their help with the “Aetheric Dozen” poster.*

**AETHERIC EXERCISES**, No.3 in The Camelopard Series, A Course of Study for Aspiring Mentalists, published by Wonderella Printed with offices at 1204 Neilson Street, Berkeley, Calif. 94706, Clint Marsh, Series Editor. All contents copyright 2001 by Wonderella Printed. All rights reserved. Printed in the United States of America. For advertising rates and information, phone (510) 558-7448.

**This Pamphlet:** is the third in a series of instructional booklets teaching the tenets of mentalism, the practice of will over aether. The material herein builds considerably upon the previous 28-page pamphlet "The Nature of Aether," which describes the basics of aether and the aetheric plane, and the 36-page pamphlet "Aetheric Beings," which describes the various intelligences that dwell within the aether. A handsome identification chart accompanies the latter. A bundled set of these two pamphlets and the chart may be ordered by sending \$5, post paid, to us. Subscriptions: are \$20. Thirteen pamphlets are planned for The Camelopard Series. Subscribers will receive an entire set of pamphlets, one of each, as they become available. Make checks payable to Clint Marsh. Or send cash, if that's more your style. Subscriptions may also be ordered from our website at [www.wonderella.com](http://www.wonderella.com).

**Correspondence:** The editor welcomes reports from aspiring mentalists who have attempted the exercises outlined in The Camelopard Series, as well as general commentary and questions on the material presented. Such accounts of mentalism will be printed in future numbers of *The Camelopard*. **Other Topics:** covered in the series include psychisms (the development of the mind's capacity for astonishing feats using aether), astral projection (travel in the astral, elemental, and elysian worlds), and spiritism (communication with aetheric intelligences).

**The Return Post:** We hate to do this again, but feel as though we must. It seems that a few of our closest friends have neglected to update us as to their whereabouts. Complimentary copies of *The Camelopard* No.2, "Aetheric Beings," were sent to the following individuals at their former addresses, only to be returned — after much rough handling — by the good workers of our nation's postal service. Much the worse for wear and tear, these mailings came back into our possession and caused us to shake our collective heads. "No!" we shouted, "How could Merry Andrew of Kansas City, Kansas, have forsaken us, not mailing us his change of address! Likewise Androo R. of Portland, with whom we shared many a laugh (and more than one buffalo wing) at the Alternative Press Expo last February! And the good proprietor of Watson's Heirloom Sales up in Lake County, who held forth at length at same said show on the social deviants living in Northern California!<sup>1</sup> Forsaken are we!" But the worst was yet to come, for not long afterward two more pieces of mail arrived from friends we had known much longer: "Bob Hall! Wherefore hast thou shunned *The Camelopard*?"<sup>2</sup> was the cry that came from our lips upon receiving the first. "Croquet enthusiast Chris Mondt!" came the shout with the second mailing, "Have you too been driven from the confines of San Francisco with the collapse of the good old new economy? Speak! Speak! All of you speak so that we may hear you!"

*Please send all change of address notices to:  
The Camelopard, 1204 Neilson Street, Berkeley, Calif. 94706*

---

<sup>1</sup> *Inland* Northern California, thankyouverymuch.

<sup>2</sup> We actually believe this return to be a mistake, as it would take an act of God Almighty to force Bob Hall to relocate from his sublime rural estate outside the confines of Iowa City proper. If you have ever been there then you know exactly what we mean. A lovely, lovely place indeed.

Every man takes the limits of his own field of vision for the limits of the world. This is an error of the intellect as inevitable as that error of the eye which lets us fancy that on the horizon heaven and earth meet.

— Arthur Schopenhauer, *Studies in Pessimism*

## **RETAILERS**

*This pamphlet was sold to you with a special 11" x 14" chart with instructions to accompany the essay "Daily Exercises for Mentalists." Please do not sell this pamphlet without the accompanying chart. For information on retail sales of The Camelopard and other pamphlets from Wonderella Printed, please visit [www.wonderella.com](http://www.wonderella.com).*

# INTRODUCTIONS

## *To The Camelopard*

At the height of their glory, the ancient Romans controlled vast amounts of Europe, Asia, and Africa. Merchants brought wonders from the far reaches of the empire to Rome to be displayed for the enjoyment of the emperor and the public alike.

One of these wonders they called the camelopard — a creature with the head of a camel and the spots of a leopard. Now known as the giraffe, this graceful, elevated animal evoked a sense of mystery and wonder in its day. It is from this fine beast that *The Camelopard* borrows its name.

By bringing far-flung knowledge before the public, the editor of this series of pamphlets hopes to inform and enlighten in the manner of the merchants of ancient Rome. *The Camelopard* endeavors to explain to the common man the nature and practice of mentalism and of the aetheric plane that makes mentalism and other extraordinary feats possible. Exercises for aspiring mentalists adorn the pages of each and every issue of the series.

Each pamphlet in the series provides theory, history, and insight into the aetheric plane and its uses in mentalism. It is hoped that the reader will use the examples to the best of his ability, and will contact the editor of *The Camelopard* to tell of the results.

## *To This Pamphlet, "Aetheric Exercises"*

Previous *Camelopard* pamphlets have explored the nature of the aetheric plane and its inhabitants. "Aetheric Exercises" takes a look inward, explaining the way in which aether and the mentalist interact.

This pamphlet offers step-by-step instruction for those who wish to perform feats of mentalism in the aether. The lower astral world serves as a staging area for these feats, and the initial exercise in the opening essay, "Crossing Over," explains how to get there and back.

Our own bodies contain the tools we need to step into the aether. Each of us possesses 10 distinct centers of psychic energy in our bodies. These centers are called "aetheric links," and

they correspond with parts of our physical bodies including hands, eyes, and feet. Just as we interact with the material world with the parts of our material bodies, so do we experience and move about in the aether using our aetheric links. The essay titled "The Body's Aetheric Links" introduces you to these points in your own body, outlining the purpose of each.

The centerpiece of this pamphlet is a very important essay outlining 12 daily exercises for the aspiring mentalist. Dubbed the Aetheric Dozen, these exercises strengthen the body's ties between the aetheric and the material worlds. With regular practice of these simple techniques your understanding of the aether will increase exponentially.

Also introduced in this pamphlet are rudimentary experiments in psychisms, the mental feats skilled mentalists perform as second nature. Through practice and concentration, you will learn to perform simple feats of clairvoyance (seeing faraway places), telepathy (speaking and hearing using thought), and telekinesis (moving objects with thought). Your success or failure with these feats rests solidly in your devotion to mentalism and the aether. Should you notice any remarkable results, be sure to mail a detailed written account to *The Camelopard*. Detailed instructions for the recording of aetheric sessions can be found inside the back cover of this pamphlet.

Yours truly,  
Clint Marsh  
Series Editor

# CROSSING OVER

If you are reading this pamphlet, I will assume that you have already read the preceding pamphlets "The Nature of Aether" and "Aetheric Beings." These booklets outline the basic attributes of the aetheric plane which parallels the material world and give examples of some of the fantastic possibilities in the aether.

For those of you who have not read The Camelopard Series to date, a brief review is in order. There is another world that mirrors our own. Everything in this world is made of a substance finer than air, finer than light, finer than thought itself. This substance is called the aether, and it pervades everything in the material world (the one you and I call home) as well, because the material and aetheric worlds co-exist.

All things that you and I can see, hear, touch, think, or feel in this world exist on the aetheric plane as well, each object, thought, and feeling made of pure aether. When something in the material world changes, its aetheric counterpart changes as well. The reverse is also true — when something shifts on the aetheric plane, repercussions are felt in the material world.

Through intense meditation and visualization regimens, some humans are able to shift their consciousness from the material to the aetheric. These people are called mentalists. Mentalists can manipulate the fabric of the aetheric plane at will, causing real effects in the material world. By forming aetheric bodies, mentalists may travel about in the aether as though it were their natural habitat which. In a way, it always has been. This series of pamphlets attempts to explain the methods behind mentalism (aether manipulation) so that more people may tap into the vast energy of the aetheric plane.

## Entering the Lower Astral Vibration

Here is an exercise that is absolutely vital to your progression in mentalism. This technique brings the vibration of your consciousness to that of the lower astral world, which is the theatre for basic feats of mentalism. It is the initial exercise you should perform before any



others in this pamphlet. If you have performed the exercise in elemental vibration outlined in "Aetheric Beings," then this exercise in astral vibration should come easily to you, because the two exercises are very similar.

Like the elemental vibration exercise, the astral vibration exercise alters your mind's vibration to a frequency zone adjacent to your natural vibratory range in the material world. The elemental world exists in a lower frequency than the material world, so when you were in the elemental world you *decreased* your mind's vibration to reach a frequency somewhere in the elemental range. With the exercise outlined here, you will *increase* your mind's vibration considerably, raising it to the higher frequency range of the lower astral world.

This exercise should be performed in the same place you've been meditating since beginning your aetheric studies. If you can, you should open a window in the room to let in a slight breeze. If this is impossible, use a fan to make a light breeze in the room. Any fan will do, but the quieter the better, as you don't want to be distracted by any mechanical noises during your meditation.

Your meditations thus far have focused mainly on your breath. This is not by chance. Breath and air itself are perfect metaphors for aether. Air is something that cannot be seen or heard. It can convey scents and light gasses like smoke. In the same way, aether can be imbued with properties. In this exercise you will use your breath and the air around you to achieve a non-material vibration, tuning your consciousness to a frequency within the range just above the threshold of the material world.

Stand in a part of the room that is receiving a direct breeze. Close your eyes and begin your meditation, focusing on your breath. Relax, breathe slowly and deliberately, and let your thoughts settle on the inhalation and exhalation of air. Do this until you are completely relaxed and find that your mind stays fully focused on your breath.

Now let your attention wander to the breeze that's moving through the room. In the astral world, everything you encounter appears to be in a state somewhere between a solid and a gas. The forms and consistencies of things change depending on how you (and others around you) think of them.

Notice the breeze as it touches your skin or moves your clothing. Do not think of the breeze as a breeze but rather as a continuous wave of blue liquid. Don't worry, you will not drown — you can breathe this liquid. Things like this are possible in the aether. The wave washes around you, above you, and below you. You are floating still in the center of a sea of this liquid. As you breathe, the liquid enters and exits your lungs. It is a special fluid. It gives you more energy than you usually have.

Continue to breathe at a normal rate, even though the feeling you get from the wave is exhilarating. The liquid is washing over you and entering your lungs, and your body loves the feeling it gives you. You notice that not only is your skin tingling, but the insides of your lungs are tingling too as they soak in the energy. It's a feeling that slowly but steadily spreads

both inward from the surface of your skin and outward from the insides of your lungs, until your whole body is positively alive and glowing with energy.

This feeling is the result of a subtle shift in vibration. The wave you are in is made of pure aether. It is the aether of the lower astral world, and the moment the energetic feeling finally takes over your entire body is the same moment that you mentally step into the astral world. This realization can be shocking, so much so that you might be jolted out of your meditation. Do not let this happen. Instead, remember that you are always in complete control of your mind and your body, and that you can come back to the material world any time you please.

Rest in this new vibration for at least a minute. Notice how this new sensation makes you feel. From here you may go on to perform any of the other exercises in this pamphlet. You should also try this vibration as a starting point for experimentation with exercises from other pamphlets in this series. Do whatever you please — it is your mind and your body, after all.

Unless you are shocked out of the astral world back into the material (which is jarring and never advised, although most times it cannot be helped), you should try to ease your consciousness back to its normal vibration. Coming down from the lower astral vibration is no more difficult than going up, it is merely a matter of reverting your attention back to the material side of the astral border. Do this slowly. With each inhalation, visualize your body collecting a portion of your astral energy in your lungs. As you exhale, this portion exits through your mouth and flows back into the wave of blue liquid. Keep inhaling — collecting energy from your body — and exhaling — sending it forth — until your body returns to its material world vibratory frequency. Let the wave of blue liquid shift slowly back into an earthly breeze, and let your mind come back to earthly thoughts.

All this will become much easier with practice.

# THE BODY'S AETHERIC LINKS

You and I would be hard pressed to live a full life without complete use of our hands, feet, eyes, and other parts of our bodies. This is also true of life on the aetheric plane. Concentrated vortices of energy in vital parts of the aetheric body serve as our aetheric hands, feet, eyes, etc., and allow us to move and interact with others in the aether. These vortices are called “aetheric links,” and in this essay we will explore each of them.

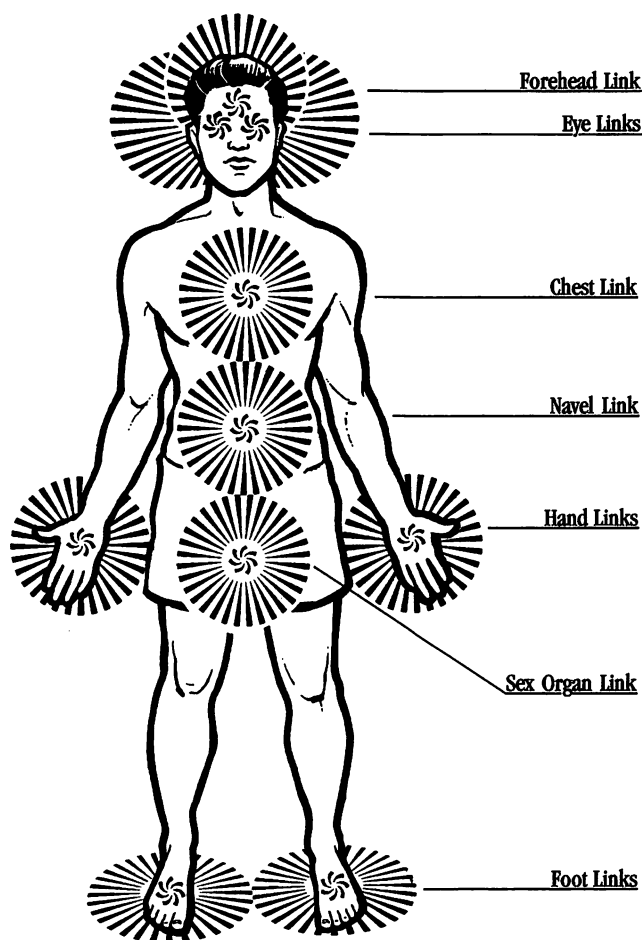
The aetheric links are in many ways similar to the chakras described in Eastern mysticism. In fact, some of the links exist in the same place in our bodies as the chakras. Like the chakras, the aetheric links are centers of vital energy that serve to collect and distribute aetheric energy. In mentalism, the functions of the links can be very dynamic, freeing our aetheric bodies for astral flight and allowing us to perform psychisms like mind reading and telekinesis.

There are 10 aetheric links in the human body. The uppermost link is located in the center of the forehead. There are two more aetheric links in the head, one in each eye. Three aetheric links are in the human torso — one in the center of the chest, another just behind the navel, and another within the sex organs. The final four aetheric links are located in the hands and feet.

Each aetheric link is infinitesimally small, occupying a space no larger than the tiniest point imaginable. But as you know, size matters little in the aether, and in fact sometimes the smallest things have the most potential for power, as so much energy can be focused in them.

In visualizing the aetheric links, you should think of each one in the shape of a narrow cone that has its flat part flush to the surface of your skin, tapering to a point within your body. This helps you to visualize the aether flowing between each link and the outside world. In reality, though, each aetheric link is an exact point of aether inside you, whose influence radiates outward in all directions.

Just as your material body uses its different parts to perform different tasks, so your aetheric body uses each link for a specific set of purposes. What follows is a breakdown of the aptitudes



of each aetheric link. Use the above diagram to pinpoint the location of each of the aetheric links on your own body:

**The Forehead Link:** The forehead link is the one used to project your will upon the aether directly around you, and is used in short range (also called “local”) feats of telekinesis, telepathy, and other psychisms. It is also the link by which we lead our aetheric bodies through the aether, much as we lead an animal on a leash. Other psychic systems have called this link “the third eye.”

**The Eye Links:** The aetheric links in our eyes are arguably the most useful when performing mentalism, as they are the links through which all our senses — sight and all the others — operate. The eye links are used to visualize the aetheric plane, and provide help with all related visualization techniques such as the solidification and transformation of aether.

**The Chest Link:** Astral projection is one of the most marvelous feats of the mentalist, and it is performed using the aetheric chest link. Personal aether is expelled from this link — which is nestled behind the center of the sternum — to form astral bodies that may travel independently in the aether. The chest link draws these forms back into the aetheric body when their journeys are at their end.

**The Navel Link:** Resting just behind the navel, this aetheric link serves a similar function to the stomach, taking aether of one sort and transforming and dividing it into something more useful for the aetheric body. The navel receives the mentalist's personal aether from the sex organ link and external aether from the hand links.

**The Sex Organ Link:** The sex organ link concerns itself chiefly with the collection and concentration of personal aether from within the body. It gathers aether and prepares it for use by all the other links. This link is located just above the testes of the male mentalist and within the uterus of the female.

**The Hand Links:** The hand links are the points from which mental influence can extend the furthest to affect change in the aether. They are located just inside the flesh of the center of each palm, and are used in long-range (or "distant") feats of psychism, much as the forehead link is used for more localized feats. Hand links are also used to draw external aether near the mentalist, and to gather it for use by the other aetheric links. Personal aether coming back into the body does so via the chest link. Outside aether can be brought in this way, but can also be massed in the hands and absorbed.

**The Foot Links:** These links are located just under the skin of the center of the soles of each foot. Their function is to ground the aetheric body partially in the material world, so that no matter what happens during an aetheric session, the aetheric body can always find its way home.

### Activating the Links

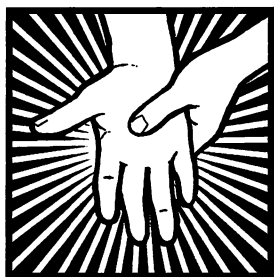
Here is an experiment that helps you attune your consciousness to your aetheric links. Begin with a 10-minute breathing meditation using the techniques you learned in "The Nature of Aether." Once you have relaxed completely, focus your thoughts on your forehead. Breathe in slowly, and as you do, visualize a rapidly swirling sphere of blue light floating inside your head, just behind your forehead, like a fireball in your brain. Concentrate on this sphere for about a minute. It glows brighter when you breathe in, as if you were imbuing it with energy. Between breaths the sphere glows steady and continues to swirl. As you breathe out it burns brighter still, just as small fires benefit from a soft blow.

After concentrating on your forehead link for a minute or so, move your concentration to your chest, imagining another blue sphere behind your breastbone. Concentrate on it like you did your forehead link, remembering to visualize it surging with light with each breath, be it in or out.

Continue your visualizations with the navel and sex organ links. When you are through, return your thoughts to breathing for a few minutes.

Now it's time to activate the paired links in the eyes, feet, and hands. You can use the following techniques to increase the flow of physical and mental energy to these links. Still standing, lift one foot up and, using your thumb, massage the center of its sole for about twenty seconds. This will cause a stimulated sensation in your foot. Do the same for the other foot, and for each hand. The hand links should be visualized as roiling, fiery spheres that exist half inside and half outside your hands. The feet links are similar, burning half inside and half outside of the center of the soles of your feet.

Now close your eyes and place your index fingers on the sides of your eyeballs. Push the eyes in just a little, gently but firmly. This exercise will physically stimulate the eyes, and if done long enough will produce psychedelic patterns that resemble the aether in all its otherworldly brilliance. Do this for less than a minute as prolonged pushing can damage your eyes.



Once you have stimulated these points physically it is time to visualize them in the aether. Picture the eye links as balls of blue flame that exist in the same place as your eyes. This will probably be a little overwhelming at first, but take your time and soon you'll have a good grasp on it.

Concentrate on each pair for a minute or so, just like you have for the others. It can be tricky, but it's vital that you're able to concentrate on any of the two simultaneously. When you visualize your hand links, for example, don't attempt to split your concentration into the two specific points. Just think, "hands." It's the same as using our material hands — when we want to do something with them we can concentrate on their combined actions. In the same way, we shouldn't be limited to just the use of one aetheric hand at a time.

As you become more comfortable and skilled with your hand links, you'll come to possess a certain amount of ambidexterity. That's something most of us don't have even in our material bodies!

# DAILY EXERCISES FOR MENTALISTS

If you are following the instructions given in “The Nature of Aether,” you are already performing daily meditation and visualization sessions to sharpen your mental ability. These exercises are vital — please continue with them — but there is much more to learn about mentalism.

To become proficient with even the simplest feats of mentalism, you must practice some basic aetheric skills at least a little each day. This essay outlines 12 exercises — the Aetheric Dozen — you should perform as a daily regimen to develop these skills. All these aetheric sessions should begin with the lower astral vibration exercise to put you into the proper state of mind, attuning your mind with the aether. These techniques raise the frequency of your consciousness to that of the lower astral world.

As you advance in your studies, spend more time — up to half an hour — vibrating in the lower astral before beginning the Aetheric Dozen. As you get even more skilled, meditation time drops, as you are able to put yourself in the proper state of mind more quickly. There are many theories as to why the most talented mentalists require little to no meditation before performing astonishing feats of mentalism. Perhaps they are so used to the altered state of mind produced by meditation that they are able to slip into it immediately, or perhaps their natural vibration has shifted toward the higher end of regular material world frequency.

If you have already found a quiet place to meditate, per the instructions outlined in “The Nature of Aether,” use the same space to practice the Aetheric Dozen. These exercises will show the best results if performed in the same place at the same time every day, as your mind begins to ease into an altered state as a matter of routine. Remember to always precede the first exercise with at least 10 minutes of meditation.

## The Aetheric Dozen

Here then are detailed instructions for each of the 12 exercises in the Aetheric Dozen. Read over these exercises once or twice before committing to your first aetheric run-through of

them. A large poster has been folded in quarters and included with this pamphlet. Hang the poster on the wall of your meditation room and use its illustrations to jog your memory as you perform these daily mental strengtheners.

### **Exercise 1. Grounding the Aetheric Body**

The first exercise involves the foot links. It is a grounding exercise that keeps your aetheric body tied to your material body. Of all the exercises you are about to learn, this one is the most important to do properly. If the aetheric grounding is not performed sufficiently, your consciousness runs a great risk of being permanently separated from your material body.

Stand with your feet apart at shoulder's width, per the illustration on the poster. Let your arms rest at your sides. Spread your fingers and face your palms out. Imagine energy radiating from the soles of your feet. Visualize a sharp sphere of light around each of the soles of your feet, and a lesser glow on the floor or ground around them. This energy is the part of your aetheric body that vibrates the strongest in the material world, grounding you in it. As long as you can visualize this strong energy being emitted from the soles of your feet, you will remain grounded in the material world and should have no fear of being lost in the aether.

Focus on this energy for at least a minute before continuing on to the next exercise.

### **Exercise 2. Visualizing the Aetheric Plane**

In the second exercise you use your eye links to visualize the aetheric plane around you. This exercise is very similar to the "Imagining the Aetheric Plane" exercise on page 10 of "The Nature of Aether." Using your material sight, examine the space in which you are standing, be it a room, a park, or anywhere else. Study your surroundings well enough to see the same scene in your mind's eye, or with your aetheric eyes, to be more precise.

Now close your eyes and visualize your surroundings, knowing that you are seeing the aetheric double of your environment. It may be helpful to keep your eyes closed as you do the rest of the aetheric exercises. Remain focused on the aetheric representation of your surroundings until you are comfortable in this scene, until it feels as natural or nearly as natural as the material surroundings of your everyday life. When you are ready, move on to the next exercise.

### **Exercise 3. Visualizing the Aetheric Body**

Once you've visualized your portion of the aetheric plane, you'll need to visualize your own aetheric body before you can work within the aether. Form your aetheric body by using the techniques described in the previous essay, "The Body's Aetheric Links." Focus on your forehead link before moving down the body to eye, chest, navel, sex organ, hand, and foot links. Visualize a webwork of energy connecting the links, and form your aetheric body around this frame.



Your aetheric body occupies the exact space occupied by your material body. Performed with the right amount of concentration, this exercise will make you fully aware of your aetheric body. Rest for a minute or so before moving on to the next exercise.

#### **Exercise 4. Gathering Personal Aether**

Using the sex organ link, collect personal aether already in your aetheric body. This personal aether comes from below (from the foot links) and above (from the other links in your torso and head). Wisps of aether will flow freely from these places, gathering around your aetheric sex organ link.

Picture the massing aether as a pink cloud, about the size of your fist and roughly spherical. This is only a small portion of your personal aether, but it belongs to you and no one else. With it, you can perform terrific feats of mentalism. We will use this small quantity of aether to conduct the remaining exercises in the Aetheric Dozen.

#### **Exercise 5. Transferring Personal Aether to the Abdomen**

Now transfer the cloud to the navel link. Imagine it floating up a cord between your sex organ and navel links. Try to keep the cloud as cohesive as you can, don't let it stretch out too much as it travels to your abdomen. When it has risen up through your intestines and stomach to the space in your body directly behind your navel, let it stop. Rest the sphere here for at least a minute and continue to concentrate on its form, color, and consistency. When you are ready, go on to the next exercise.

#### **Exercise 6. Transforming Personal Aether**

This exercise reminds us that all aether is mutable, and that our minds can shape aether into anything we can imagine. The sphere is now resting in your aetheric abdomen. Like your material stomach, the abdomen link can transform substances. In this exercise we will perform a simple transformation, one of shape and color. Meditate on the pink cloud for a few moments and then visualize it condensing to a light blue pyramid shape. This new shape should be of a slightly lesser volume (total mass) than the previous shape, as it has been concentrated a little for better use.

#### **Exercise 7. Transferring Personal Aether to the Chest**

Using the same technique as before, float your mass of personal aether up to your chest link. The chest link is just behind the center of your breastbone. Visualize the blue pyramid of aether rising slowly from your abdomen to your chest. Make sure the pyramid maintains its shape as it travels. When it is resting around your chest link, concentrate on it for a few breaths before moving to the next exercise, which will move the aether out of your body.

**Exercise 8. Ejecting Personal Aether**

Here is the first exercise in which you will control aether outside your body. The transition from controlling inner aether to controlling outer aether can be jarring, but it doesn't have to be, because the outer aether you will be working with is really just the same personal aether you've been using all along.

At this point in the Aetheric Dozen, you have raised the blue pyramid of personal aether to your chest link. Feel the shape in your body. It surges with light as you inhale energy into the pyramid, glows steady at the height of your breath, and then glows brighter still as you exhale, much like a small campfire.

At one of your exhales, visualize a stream of aether coming from your chest. It looks like the smoke of a cigarette being blown from a tiny hole in the center of your breastbone. This smoke comes out on each of your exhalations, and it emits of your own accord. You have complete control over this aether.

Don't let the smoke dissipate. Instead, collect it one to two feet from your chest into the same pyramid shape as was resting inside your chest. As the shape before you grows, the shape inside you lessens. This can be the most frightening exercise of the Aetheric Dozen, and with good reason. No one is used to calmly separating parts of their body from the greater whole. Why should we be calm, indeed, as we do just this to our aetheric selves? Because this split happens at a crucial point in our progress as mentalists, for as we allow a bit of ourselves to separate from our aetheric bodies, we take our first hesitant steps into the aether itself.

**Exercise 9. Manipulating Local Aether**

At this point your aetheric pyramid should be floating fully formed in the space in front of your chest. Keep it there for a little while so you can get used to it. It is a part of you, yet it is apart from you. Even though this realization may come as a shock, don't allow it to break your concentration.

You can manipulate the aether using your forehead aetheric link. Try it. By sending concentrated thoughts from your forehead to the pyramid you can make it change its shape, color, or any other properties that you can imagine. Do this a little bit if you can, but keep it simple at first. As you repeat these exercises each day you will become more confident in your mental abilities and will try more complex transformations.

Your forehead link can also be used to push the aether away from your body. Do this now, moving the blue pyramid to a distance about 10 or 15 feet away from your body. You should also use your hand links to move the aether as it gets further from your body. If you are performing this exercise indoors, you may have to imagine the pyramid moving through a wall to get it this far away. The aether will move through walls — and anything else — easily if you are focusing your concentration on it. When the pyramid is sufficiently far away,

rest it there for a few moments before moving on to the next exercise.

### **Exercise 10. Manipulating Aether at a Distance**

Once you've moved the aether a good distance from your body, let it hover in space around the level of the chest link, from which it projected. This aether is your envoy, and it can act on your behalf anywhere on earth — and beyond for that matter. For now, let's try some simple experiments with it close to home.

You are free to manipulate your aetheric envoy however you like, giving it abilities like hearing or sight. If it has gone through a wall into the next room in your house, try to listen to conversations or ambient noise in that room.

Perhaps you would like to use your envoy as an independent "third eye" through which you can perceive the world. If so, it is only a matter of transferring your eyesight to this mass of aether separated from your body and floating freely in space. A technique for doing this is outlined in the essay "Starter Psychisms," presented later in this pamphlet. As with all aetheric experiments, the only thing holding you back is your own imagination.

Use your hand links to move your aetheric envoy from place to place. Use your forehead link to imbue your aetheric envoy with powers of sight, hearing, or speech. Play with your aetheric envoy, instructing it to do your will. When you are ready, bring it back to a distance no more than 15 feet from your body and float it there for at least a minute before continuing.

### **Exercise 11. Drawing Aether to the Body**

Now, using your hand links in the aetheric world, draw your aetheric envoy back to your body. Do not let it put up any resistance. This aether is a part of you and it performs on your behalf. It is not a sentient being, and should it act like one it is your duty to put it back in line. Bring your envoy closer to you — it pulses brighter and draws nearer with each breath.

When the pyramid (or whatever shape your envoy is after its journeys) draws near to your body, rest it a foot or so away from your chest. You will use your chest link to draw the aether back into your body, much as you would inhale smoke from a cigarette. To avoid shock, don't do this too quickly. Bring your aetheric traveler back in to your body slowly, inhaling it directly into your chest a little bit at a time. As the aetheric shape before you diminishes, you should feel a complementary shape growing within you, inside your chest.

Continue to draw the aetheric envoy in until there is no more of it outside you, and all that is inside you is gathered as a cohesive whole. Reacquaint this aether with your body, letting it glow and burn with each inhalation as you continue the meditation that keeps your consciousness in the aetheric plane. It's a complicated procedure, to be sure, but it's the type of thing you need to learn as a base for even more complex feats.

**Exercise 12. Distributing Personal Aether**

This final exercise assures that the aether you've drawn into you is redistributed evenly throughout your body. The aetheric pyramid you drew in through your chest link should be floating in the same place it was before you ejected it, just behind your breastbone. Make sure it's there and that you are concentrating on it as intently as ever before continuing with this exercise — this is no time to break concentration.

When you formed the aetheric cloud in your sex organ link earlier, you did so by drawing personal aether from above and below. Now is the time to dissipate the pyramid and redistribute its aether to the whole body, concentrating especially on the body's aetheric links. Start with the foot links. Let some of the aether fall away from the pyramid, like smoke off dry ice, and fall down to the soles of your feet. Let it stop when it gets there. Because you have 10 aetheric links in your body, each link should receive about 10 percent of the pyramid's aether.

Let about 20 percent of the aether fall down to your feet, reducing the size of the pyramid in your chest. When 20 percent of the aether has been distributed to your feet (10 to each foot), rest. Visualize your feet glowing with a bright light. The aether belonging to your feet has been redistributed.

Let another 10 percent of the aether fall down to your sex organ link, stopping it when it gets there. When the proper amount of aether has dropped to your sex organ link, visualize a bright light around it.

Continue to distribute this aether to your hands, your navel, your chest, your eyes, and your forehead. Aether moves from the chest link to the eyes and forehead link like steam rising off a bowl of hot soup. As each link receives its aether, that link radiates a bright glow. When all the links are re-energized, the light spreads out to fill your body.

Soon your whole body is glowing with a bright light as the aether emits from each link to the surrounding tissues. Let the light glow brightly for a minute and then let it fade, slowly, as you return your consciousness to your breath and begin to return from your astral vibration to a material world vibration, following the technique you learned in the beginning of this pamphlet. Give yourself as long as you need to reduce your vibration, and let your mind come back to earthly thoughts and earthly surroundings slowly.

When your vibration reaches its natural material frequency, open your eyes. You are back at home in the material world. Good job!

# STARTER PSYCHISMS

The mental exercises you learned in the previous chapter provide an excellent foundation on which to build your psychic abilities. Supernatural feats achieved using the aether are known as psychisms.

Psychisms can be divided into two classes — passive and active. This series of pamphlets deals with both types. Don't be fooled into thinking that the word "passive" in this sense means "weak." Passive psychisms include many powerful phenomena you have no doubt heard of before, including clairvoyance (seeing things not physically visible), clairsaudience (hearing things not physically audible), astral projection (out-of-body experiences that can include other psychic phenomena), postcognition and precognition (mental sensing of events before and after they have happened), thought reception, and mediumship (communication with aetheric beings).

Active psychisms are equally fantastic, and include among their number thought transmission, telekinesis (moving objects using mental energy), psychic healing, teleportation, levitation, invisibility, and time travel.

Numerous theories exist as to the true mechanics of each of these psychisms. Obviously, given the nature of aether, there are often many ways to perform a single psychism. For the purposes of consistency, *The Camelopard* will touch on many techniques but instruct in only a few.

Here are three exercises you should practice regularly to increase your psychic abilities. These exercises provide basic instruction in clairvoyance, telepathy (thought transmission and reception), and telekinesis. These and other psychisms will be explored in detail in future pamphlets.

## An Exercise in Clairvoyance

Clairvoyance is also known as remote sensing. Specifically, clairvoyance pertains to the phenomenon of seeing things hidden from our direct line of physical sight. Using clairvoy-

ance, a mentalist can see the face of a person standing behind a closed door, look around a corner in his or her house without physically moving, or take a (very) private tour of a closed museum or other building. These are just three examples of how clairvoyance can be used, of course. The limits you face with this and any other psychism are the exact limits of your own imagination.

You can perform some psychisms using the aetheric envoy formed in Exercise 8 of the Aetheric Dozen. In fact, the exercise outlined here is an excellent one to incorporate into the daily regimen you've just learned, as are the exercises in telepathy and telekinesis below.

Try this the next time you perform the Aetheric Dozen: Once your aetheric envoy is formed and floating in front of your chest, use it to perform simple actions in your stead. By extending certain senses and abilities to the envoy, you enable it to do things you wouldn't normally be able to do. To make a clairvoyant envoy you must transfer a portion of your sight to it. This is simple and yet amazing. Float the envoy up to eye-level, and then bring it close enough to your face that it comes in contact with your eye links. Once it is there, look through the envoy to "see things from its point of view." Now visualize your sight transferring to the envoy. Allow the envoy to take on sight for your consciousness. This may take more than one attempt. Once it is done, though, you will gain sight via the envoy no matter where you send it. If at first this exercise does not produce satisfying results, try it again and again until you can at least achieve rudimentary remote viewing. Sight can be transferred back to you by bringing the envoy back in contact with your eyes. Don't worry about losing the envoy. It will snap back to you immediately if you are jolted out of your meditation.

Use the envoy to explore places far from your meditation space. To lessen the shock of this dual existence, imagine that the envoy is in fact you, and that you are traveling to these faraway places. For all intents and purposes, it *is* you. Practice this all slowly at first. There is no rush. In fact, if you do hasten your clairvoyant progress you will no doubt falter. Expect failure at first, just as a toddler should expect failure at his first attempts at walking. But like that toddler, be sure to expect wonder as well.

### An Exercise in Telepathy

Telepathy — the reading of thoughts — is not far removed from clairvoyance. In fact, it can be said that telepathy is the aetheric form of clairvoyance. For just as all things in the material world can be seen with material senses, so can things in the aether be seen with aetheric senses. Ride with me a distance on this train of thought: If in fact all things tangible and intangible are represented in palpable forms on the aetheric plane, then it is nothing at all for a person exercising aetheric sight to "see" a thought as it emanates from a person's head! This is one method of telepathy, and you must agree that it is the most straightforward. If thoughts can take shape on the aetheric plane, then they can be seen using aetheric eyes. Practice this thoroughly and see what you can see.

Develop your telepathic ability by practicing this exercise, which involves a friend. The two of you should sit across from one another at a table. One of you should enter the lower astral vibration — perhaps your friend could help you do this by reading aloud the astral exercise from the beginning of this pamphlet while you do the meditation. Once you are vibrating in the astral range you should notify your friend by some sort of preset signal, by dropping a hand to the table, for example, or uttering a secret word the two of you agreed on beforehand.

Now you are aetherically awake and ready to read the aether like a book. Have your friend think a thought, and think it strongly. It is important to stress that this thought should be one with a relatively powerful emotion behind it, as this will make the message much more clear to your aetheric eyes. Only you and your friend know where each other's passions lie, so no example is given for this portion of the exercise.

It's difficult to say exactly how the thought will appear when your friend thinks it. It could be seen like a picture, it could read like the front page of the newspaper, it might even be heard like a voice. What matters is not the thought's form, it's that you can perceive it using your aetheric senses.

Once you see the thought floating in the aether, make a good effort to remember every detail about it. When you return to your material vibration, record the entire experience and compare notes with your friend.

Further pamphlets in The Camelopard Series will explore the theory and practice of telepathy. For now it is useful to meditate on the idea of thought having shape and mass, and being as tangible on the aetheric plane as a coffee cup or a shoe. Think deeply about this sort of thing until you understand it to be true.

### An Exercise in Telekinesis

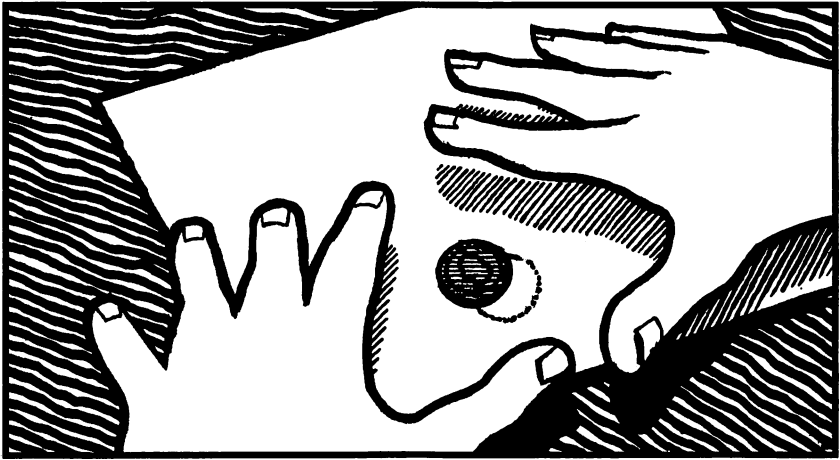
Telekinetic experiments follow the same basic premises as techniques for clairvoyance and telepathy, but there is a crucial difference between those exercises and this one. That is, telekinesis *crosses over* from the aetheric world to the material world, visibly affecting both at once. The practice of telekinesis is a difficult one, because it requires the mentalist to concentrate dually on two realities — the aetheric and the material.

In a successful telekinetic trial, you will use your mental energy to affect physical phenomena in the material world. It's an incredible thing to witness, to be sure, as competent practitioners of telekinesis are few and far between.

Sit at a table devoid of all objects save a piece of typing paper and a coin. It is best to use a penny, as its color is much different than that of the paper. It is also lightweight. Trace the outline of the coin onto the paper with a pencil. This circle you have drawn represents the space the coin fills, and if your experiment is successful the coin will move from its current space, leaving the circle behind on the paper. If you have another coin of a dark color you

would like to use, make sure it is as light as or lighter than a penny. Dimes are too pale in color for this experiment (your aetheric eye might confuse them for the paper), and quarters or dollar pieces are out of the question, as they are much too heavy for beginning telekinesis.

Close your eyes and use the exercise from the beginning of this pamphlet to enter the lower astral vibration. Once there, activate (visualize) your forehead and hand links — these are the points of your aetheric body you will be using in telekinesis. Concentrate on each link as you do. Picture the links as sources of light, each one of them a glowing orb of aetheric energy.



Once you have activated your aetheric links, open your eyes. (You may keep your physical eyes closed if you prefer, and open your aetheric eyes only. Any telekinetic force on the coin will be recorded by the circle you drew on the paper, so you need not “see” the coin move with your material world eyes.) Focus your attention on the coin. Your hands are glowing with a supernatural light, as is your forehead. These points are the tools you will use to move the coin.

The coin is an object in material space. But it exists in the aether as well, and you are in the aether now more than ever before. Moving the physical coin with your aetheric skills is very difficult at this point in your training. Strive instead to move the *aetheric* coin that is also there before you. This will be difficult at first, because the psychological barrier between the material and aetheric worlds is very strong.

Now, using force from your hands or your forehead, move the coin. If at first this does not work, remember to focus on the aetheric coin before you. You are made of aether, the coin is made of aether, and the space between you and the coin is made of aether. When you move your aetheric hand, all the aether around it moves, including the aether of the coin. Try this and see what happens.

Amazing, no? It is nothing compared to what you have yet to learn.



# ADJUSTING YOUR DAILY ROUTINE

Make no mistake: At first you will struggle to practice these exercises several times a week, let alone daily. It is important that you not let this struggle discourage you from your practice of mentalism. The goal is to slowly make mentalism and the aether a part of your daily life.

In making a daily habit of the Aetheric Dozen, it can help tremendously to always perform the exercises at the same time of day. Morning works better for some, nightfall for others. Some prefer to visit the aetheric plane on their lunch break. Still others report that an aetheric excursion brings them closer to the twilight realm of sleep, and so they perform the exercises just before retiring to bed.

Have you got any regular daily habits? Most people do, and you would be an exception to the rule if you did not. An easy way to integrate the aetheric dozen into your life is to tie the exercises to another daily habit. Most of us shower or take a bath at the same time every day. What if you were to perform your aetheric exercises after your bath?

Each of us is given the same 24 hours each days to do with what we wish, and there is more time in the day than you think. Before starting the daily Aetheric Dozen program you may want to take a mental inventory of your daily activities. Look around yourself. Are there things you do every day that aren't really that productive, or things that are even destructive? By cutting out some habits or pointless daily activities you will free up time and energy for a new routine like the aetheric exercises you have just learned. It is up to you to decide what is and isn't healthy in your life, and make adjustments accordingly.

Even when you have made the Aetheric Dozen part of your daily routine, you will still likely struggle with the practice. At first the exercises will be difficult and time consuming, and might seem like more of a bother than a help, especially if you are not seeing results right away. Don't be discouraged. Keep up your practice and slowly you will see results. Just like you can't rush physical training when you are trying for a certain physique or a diet to achieve a certain body weight, you can't rush mental development. It is a slow process, but one that each day builds on the previous day's successes. Keep it up!

# HEALTHY MATERIALISM

If this pamphlet has achieved its goal, you are now convinced that the only way to mental mastery is through a daily regimen of aetheric exercises. Aspiring mentalists should know, however, that the Aetheric Dozen outlined herein are only the aetheric half of a regular program that exercises both the mind and the body.

In addition to your daily excursions in the aether, you should also remember that physical exercise is an immense help to your growing mentalism skills. A healthy body feeds a healthy mind. If you do not already follow a regular workout, consult your doctor and ask that he or she prescribe a physical workout at least as strenuous as the mental workout you are now engaging in.

The intensity of your physical workout will be unique to you. For some people it will be as simple as a daily walk around your neighborhood. Others will be prescribed a vigorous workout requiring modern gymnastic equipment. The editor of this publication is not qualified to tell you what is or is not good for your physical body. Your physician's advice is important. Heed it and do not overexert yourself.

Aside from your workout, another key element in cultivating a healthy body is diet. Review your eating habits with a professional nutritionist, explaining that you are involved in a program that emphasizes both bodily and mental health. Ask for a diet outline that will give you the proper amount of vitamins and nutrients to bring your body to its peak potential. Avoid fad diets and stick to a mixed intake that includes lots of fruits and vegetables, which are excellent sources of physical and mental energy.

If you do these things, you will find that you have more energy to perform the Aetheric Dozen. Your day will stretch out before you and you will wonder how you ever whiled it away so effortlessly. Before you know it, you will be eating well and exercising as if it were second nature, and even though it seems like a chore at first, soon you won't mind the effort it takes to lead a healthy physical life.

# LETTERS TO THE CAMELOPARD

**To the Public and the Press:** The editor seeks questions and commentary regarding this pamphlet, as well as results from the experiments described herein. Address all correspondence to *The Camelopard*, 1204 Neilson Street, Berkeley, Calif. 94706. Email your letters, if you must, to [marsh@wonderella.com](mailto:marsh@wonderella.com). Letters should include your full name and address, which will not be printed but are necessary should we need to contact you.

This time around, our letters page foregoes its tendency to print the letters of several readers from across the nation, instead featuring two letters from aspiring mentalist R.D., of San Francisco.

Dear Editor,

I have read with great interest your collection of essays entitled "The Nature of Aether," and I wish to relate some of my own experiences with meditation.

In your pamphlet, you urge beginners to perform their breathing exercises in a quiet place free of noise and distractions. I myself am a beginner, but I have been one for quite some time. I write to you today to tell you that yesterday, after studying your essays, I reached a new stage but only by ignoring this bit about finding a quiet place free of noise and distractions. I ignored it not out of insolence but by necessity, my apartment

being a madhouse. While "find a quiet place" is no doubt sage advice for the absolute beginner, I believe it fails to accept the vibrations in the air as integral parts of the meditation experience.

Initially, my attempt at visualizing the aetheric plane in an urban setting led to great frustration. I became jittery, a side effect that I did not see mentioned in your pamphlet in any positive light. At times I would bolt from my lotus position and say to the world "quiet, goddamnit." This often had no, or the opposite, effect. I must be on the wrong track, I told myself.

I looked at the white indentations in my

fingertips, left there by a fly-littered window-sill, and had an epiphany.

Before I explain the technique that I've stumbled upon, let me sum up by saying that I've come to embrace the vibrations in the air and to accept them like massaging fingers on my skin. The first hurdle was recognizing that this is the desired route. Rather than seeking the ideal, rather than seeking to visualize a non-existent apartment that lacked the objects of daily life, I allowed the reverberations from clocks and neighbors and coins still ringing from the day's commerce to reach me unblocked. As you explain so well in your essays, the aetheric plane permeates all things, be they vocal or introverted, clean or greasy, and to blot out the noisier components is to punch holes in its varied surface. (I read about a cello prodigy with a lisp who refused to play in a newly built symphony hall because it lacked the filigree that produces aural randomness. "Too thmooth," he said.)

The second hurdle for me, then, was figuring out how to focus without blotting out components of the aural tapestry. The technique I have hit upon after reading your pamphlet is to visualize a caterpillar crawling slowly but deliberately over each object within my sphere of perception, over each humming refrigerator, over each rumbling tailpipe, over the upper lip of each passerby. Though of course any number of slow-moving creatures could be substituted, a caterpillar is an ideal choice because it is able to continue along its journey unperturbed by car horns, sonic blasts, and expletives. (This can be proved by the scientific method.)

So I sit. And I watch. The caterpillar crawls across my wall. He has no burdens. He has no deadlines. He has no aunt who thinks he can drive her places when he cannot. His journey is his reward. He is not unlike a determined deaf-mute with a heart of gold who I saw on a television news program recently. He ambles. He is unfazed, as am I. He goes gradually, as do I, following in his tender wake. My breathing is deliberate.

A moth is on my wall. A moth. Where went the caterpillar? The caterpillar has become a moth. But here's the thing: the moth is real. The caterpillar is imagined. So I've reached a stage. The sequence was this: reading of pamphlet aloud to a mirror thrice, attempted meditation, frustration, expletive, attempted meditation, frustration, expletive, window sill, dead fly on window sill, reminder of moth on wall that was noticed while reading pamphlet, turn to check on moth, yes moth still on wall, imagine where this moth came from, visualize his pre-self, visualize his pre-self crawling along peacefully, so graceful, I relax, an epiphany, I relax, look at this I am relaxed, I follow the caterpillar, the caterpillar ambles, the caterpillar becomes the moth, I am momentarily confused about this transition between caterpillar and moth, because

moth = observed  
and  
caterpillar = imagined,

very-near aetheric, the two fused in an imagined metamorphosis where one became the other, the latter having previously been the

inspiration for the former. I hit a new stage! I've built a bridge!

Don't stop here, I tell myself. Relax again.

A moth is on my wall. From my spot on the floor I am watching him, a triangle, an arrowhead, pointing up. He does not move. He does not even twitch. So I imagine myself zooming across the room toward him. Not in sock feet, bounding, but as a steady-cam suspended by wires from a system of well-greased pulleys and track. I zoom. Yet I am silent, I stir no air, and the moth is undisturbed. A triangle, an arrowhead. I zoom toward his head and pivot to see his face. He has a face! Ho! It has a scoop for a mouth and bug eyes and antennae. But I realize this: I am only imagining the face.

Further, the face is a composite of a hundred bug faces that I have seen in a hundred bug books that have pictures of bug faces, faces with scoops for mouths. Or funnels. I've grafted these face memories onto this moth. A good memory is indeed essential to mentalism.

But I zoom further. There is further to zoom? There is. The face becomes amorphous, the area between the facial features becomes a gray mass. Shapeless. In a world without visualization, things vanish around edges, trains vanish around bends, goats vanish around hillsides. But through visualization, by zooming, I believe I am looking at raw aether. And from studying your essays I realize that it's at the edge of what I see as reality that I begin to see the aetheric plane, that punching a hole though the world is less productive than simply seeking its natural boundaries, zooming until I can zoom

no more unless I begin to visualize. By pressing the limits of my imagination, then, I tip the see-saw from the real to the visualized. Or rather, I fold the see-saw in half, snap it at the middle, and bring its blunt ends together like the ends of giant tongs, or giant tweezers, with which I may take hold of the true caterpillar-moth. To tweeze him. (Analogy not to scale.)

I leap to my feet, bug-eyed, and thrust my fist into the air, signifying the end of today's session. Goddamn my pulse is quick! The moth flits away, folding his wings back to bring their ends together, then apart, together, apart, together, apartogetherapartogether, and he vanishes around the rim of my light fixture.

Looking forward to the next installment.

Regards,

— R.D., San Francisco, Calif.

Dear Editor,

The other day a guy jabbed me in the eye when I tried to tell him about the aetheric plane. It was a popsicle stick or tongue depressor of some sort. Now I know this story will sicken some aspiring mentalists, so let me hasten to add that I don't think the guy even heard me say anything about the aetheric plane. I think he would have jabbed me in the eye even if I had been talking about Georgia peaches. So don't take it personal. These are the kind of people who are out there.

I had to go to the doctor because of this eye, I told him. This was the next day. What eye, he said. The one you rammed a stick in, I said. That wasn't me, that was my twin, he

said. What twin, I said. The guy who jabbed you in the eye, that was my twin, he said. You just missed him, he said. Beat it, he said.

I'm finding that there are some benefits to having been jabbed in the eye. Primary among them is impaired eyesight. Sure that's obvious, you say. Now I'm walking around seeing things through one good eye and one bum eye, and it's giving everything around me a ghostly shadow. I see trees with yellow halos. I see twins where there is an only child. I might be onto something. I might be seeing more than I'm supposed to.

I don't condone this, I'm only saying sometimes you have to look on the bright side of a situation, which in my case means using my left eye. Also sometimes you have to go without driving for two to four weeks.

So I was walking down the sidewalk today and I saw a psychedelic caterpillar. He did not crawl in a straight line — well he did, but some yellow caterpillar-shaped funhouse images shimmied alongside him, like they were all doing the hokey pokey, a band of shimmying misfits hokey-pokeying down the lane under the tutelage of a charismatic straight-arrow. He might not have been aware of them, I don't know. Now he's a moth with shimmering wings on my wall, etc. Like I said, I might be onto something.

We shall see.

Dimly,

— R.D., San Francisco, Calif.

**REMEMBER! ALL IS AETHER  
MENTALISM = WILL OVER AETHER  
NEXT ISSUE: ASTRAL PROJECTION**

## THE CAMELOPARD SERIES

A Course of Study for Aspiring Mentalists

"Best hoax zine that isn't one."

*San Francisco Weekly*

"[stunned silence]"

*Factsheet Five*

"Unusual and not entirely insignificant."

*A Reader's Guide to the Underground Press*

"Sounds like a crock, to be sure."

*San Francisco Weekly*

Above, below, and throughout the world you and I call home, the aetheric plane dwells also. Everything we see, hear, touch, and think has a counterpart in this place, and when you visit the aetheric plane, you will see how the material and mental qualities of these things begin to blur and intermingle. "Aether" is the word used to signify the substance that makes up the aetheric plane.

Everything we are taught about science refutes the theory of the aetheric plane, yet it is not scientists who bring us knowledge of aether, but mentalists. These men and women are pioneers in the newest and yet most ancient science: mentalism.

The Camelopard Series instructs readers in three of the mentalist's most common uses of aether, namely psychisms (telepathy and telekinesis, for example), astral projection (travel using our aetheric bodies), and spiritism (communication with the dead).

In a lucid, engaging tone, *The Camelopard* teaches aspiring mentalists the skills needed for mastery over aether. Each wonderfully illustrated pamphlet includes exercises for you to try as you learn more about aether and the aetheric plane. Subscribe to The Camelopard Series and receive all 13 issues as they are printed.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE & ZIP \_\_\_\_\_

Clip or photocopy this ad, or just drop a line with your name and address, along with \$20 per subscription, to: Clint Marsh, 1204 Neilson Street, Berkeley, Calif. 94706

[www.wonderella.com](http://www.wonderella.com)

FROM THE PUBLISHERS OF "THE CAMELOPARD"

## *The* LITTLE WONDER *Series.*

*Little Wonder pamphlets bring you the best original and reprint articles from your friends at Wonderella Printed. Look through the list below to find the Little Wonder pamphlets that are just for you!*

AVAILABLE NOW!

### LEWIS CARROLL'S CROQUET COMPANION

Not only was Lewis Carroll a nonsensical storyteller, but he also penned a few variations on the garden game of croquet. Includes Arithmetical Croquet for Two Players and Croquet Castles for Four or Five Players. Take this pocket guide to your next match and wow your friends! Introduction by Reginald Bakeley. 3 illustrations. 16pp.

### GOBLINPROOFING ONE'S CHICKEN COOP

Did you know that pesky goblins can infest the most bucolic of farmsteads, spreading disease through their filthy eggs? Don't let this happen to your hencottage. Reginald Bakeley outlines the problem and provides a few foolproof solutions involving ley lines and the local Freemasonry chapter. 1 illustration. 12pp.

### ON GNOMING

It's a well-known fact among outdoorsmen that the dark, earthy meat of gnomes is one of springtime's most delicious flavors. Reginald Bakeley teaches you the delicate art of hunting and cooking gnome. Also included is a short treatise on the habits of trolls and how you can steer clear of them on your hunts. Bon appetite! 2 illustrations. 12 pp.

COMING IN MAY 2002!

### WONDERELLA'S HOME SPA COMPANION

The fruits and vegetables you buy at the grocery store are good for you inside and out! Heather Schlegel discusses the benefits of applying mangoes, carrots, and other foods to the skin. 3 illustrations. 12pp.

### CONCERNING THE DISAPPEARANCE OF LEWIS GAMINE

Portrait artist and budding psychic Lewis Gamine gets more than he bargained for when he accepts an invitation to one of Madeline Chambers's spiritualist meetings. A short story by Clint Marsh. 2 illustrations. 12pp.



*Send \$2 per copy (post paid) to*

**WONDERELLA PRINTED**  
PAMPHLETS, SMALL BOOKS, SERVICES  
1204 Neilson Street - Berkeley, Calif. 94706  
Order online at [www.wonderella.com](http://www.wonderella.com)

# Guide to Lost Wonder<sup>®</sup>

An Emanation of the Museum of Lost Wonder

#8 Autumn 2001



## HELP SAVE OUR HERO

Put our little visitor back together by learning to see in the third dimension!

1). Make a finger sausage by putting two index fingers almost together, about a foot in front of your face, while looking across the room or out a window.

2). Sit back from the page. Bring your fingers down in front of the two pictures, while maintaining the sausage. Relax your eyes, and gaze until the pictures become one.

## ESCAPE FROM THE MUSEUM

PART III of III

12 PAGES.121 ILLUSTRATIONS.

**DISCOVER** forgotten things in the world around us.

**RECOVER** forgotten things in the world within you.

**UNCOVER** forgotten things not in this world at all.

### ALL ISSUES AVAILABLE.

No.1: "The Beginning of Everything." 12 pp., 49 illos., incl. model universe.

No.2: "What is Reality?" 12 pp., 43 illos., incl. model theatre of the mind.

No.3: "The Darker Side of Museums." 12 pp., 34 illos., incl. model museum.

No.4: "Who Are You?" 12 pp., 108 illos., incl. scrying mandala.

No.5: "How to Have Visions." 12 pp., 48 illos., incl. air-powered hypnotrope.

No.6: "Exploring the Museum." 12 pp., 101 illos., Museum Tour Part I.

No.7: "Lost in the Museum." 12 pp., 130 illos., Museum Tour Part II.

No.8: "Escape from the Museum." 12 pp., 121 illos., Museum Tour Part III.

Specify issue numbers and amounts and send \$2.00 per copy to Jeff Hoke c/o:

**GUIDE TO LOST WONDER**

**570 FOAM ST., MONTEREY, CALIF.**

**93940-1412.**

Also available at the Wonderella Online Store at [www.wonderella.com](http://www.wonderella.com).



## INSTRUCTIONS FOR RECORDING EXPERIMENTS

As you learn about aether, it is important to keep a record of the exact methods and results of your experiments in mentalism. Outlined here are instructions for recording said experiments. Aspiring mentalists should follow the instructions as closely as possible and send a copy of the results to the editor in care of *The Camelopard*. Such records will be published in future issues of the series.

Just as a carpenter cannot build a house without a hammer and nails, so the mentalist cannot faithfully record his or her experiments without the proper tools. Perhaps the most important tool in the recording of aetheric experiments — beyond pen and paper — is the secretary. The secretary need not be in your employ, per se. He or she may be a friend of yours, ideally one who shares your interest in mentalism. The secretary's role is to sit nearby and faithfully record the exact goings-on during your experiments.

If no secretary is forthcoming, and your funds allow, you might consider placing an ad for one in the classifieds section of your local newspaper. Or buy a tape recorder.

It is crucial that your early experiments be recorded as faithfully as possible. Communicate the need for clarity and thoroughness to your secretary before the two of you commence recording. Have your secretary record a brief synopsis of your general state of mind (calm, agitated, etc.), your diet for the past 24 hours, any thoughts weighing heavy on your mind, and any abnormal external conditions that may affect your session, such as a thunderstorm, a change in venue for your meditations, or anything else like this.

When this is done and you are ready, signal to your secretary (or turn on your tape recorder) and begin your aetheric session the way you would any other. If you are using pen and paper to record, try not to break from your experiment to jot down your thoughts, rather wait until the experiment is over. If you are recording via tape or secretary, you may make commentary aloud for a better account of the session. The secretary should take note of any shift in temperature, weather, or other atmospheric conditions as they occur. Relax, and go through your session as you would normally, but bearing in mind that you must clearly remember what happens as to better write it down.

When you are through, mentally review your session and make sure your written account is faithful to the session's events. If you have recorded it, go over the account to check for accuracy. Include as much detail as you can, and whatever conclusions you draw from it.

It is imperative that you send your recorded account to the editor of this publication for review. Well-written accounts of mentalism will be printed as they are received. Authors should include their full name and address, so that we may contact them if necessary, although in print they will be identified only by their initials and town of residence. Mail all manuscripts to:

THE CAMELOPARD - 1204 NEILSON STREET  
BERKELEY, CALIFORNIA - 94706

Wonderella Printed